

GROUP EXERCISE CLASS SCHEDULE

JOINT BASE LEWIS - MCCHORD



DECEMBER 12 - DECEMBER 17	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30-10:20	I STROLL SFH	I STROLL Jensen	I STROLL SFH		I STROLL SFH	
						WATER AEROBICS SFH Pool	
	10:00-11:20	YOGA Jensen				YOGA Jensen	
	11:00-11:50						DANCE VIBE Wilson
	11:30-12:20	CYCLE SFH		CYCLE SFH			
			ZUMBA McChord Mn.	ZUMBA McChord Mn.	ZUMBA McChord Mn.	ZUMBA McChord Mn.	
		ZUMBA Jensen	ZUMBA Jensen	CARDIO & STRENGTH Jensen	ZUMBA Jensen	CARDIO & STRENGTH Jensen	
	12:15-13:05						ZUMBA Wilson
	14:15-15:05	DEEP WATER RUNNING SFH Pool		DEEP WATER RUNNING SFH Pool			
	17:00-18:00		ZUMBA Jensen	STICK FIGHT MARTIAL ARTS Jensen		STICK FIGHT MARTIAL ARTS Jensen	
	17:30-18:20	ZUMBA McChord Mn.					
	17:45-18:35		CARDIO KICKBOXING McChord Mn.	CARDIO KICKBOXING McChord Mn.	CARDIO KICKBOXING McChord Mn.		
	18:00-18:50	DANCE VIBE Jensen		DANCE VIBE Jensen	ZUMBA Jensen	MIXXED FIT Jensen	

Cardio & Strength - A total body workout combining all elements of fitness; cardio, muscle conditioning, coordination, balance and flexibility.

Cardio Kickboxing - High energy martial-arts inspired, full body workout focusing on core training, developing coordination, agility & speed

Cycle - Using a special stationary bike, class focuses on endurance, strength, intervals, high intensity and recovery phases.

Dance Vibe - Focusing on a combination of aerobic and anarobic movements tone & sculpt your body while burning calories.

Deep Water Running - No-impact aerobic workout conducted in the pool improving overall wellness.

I Stroll - Parent and kid friendly Fitness Bootcamp, fitness for the whole family. FEE for this class.

Mixed Fit - A people-inspired program that combines explosive dance movements with bodyweight toning.

Filipino Martial Arts - A combination of traditional martial arts movements using stick-fighting techniques.

Water Aerobics - A low-impact class that is designed to improve joint stability, coordination, heart health and strength.

Yoga - Combining physical exercises, mediation, and breathing techniques to strengthen the muscles and relieve stress.

Zumba - Dance to great music, with great people, and burn a ton of calories without even realizing it!

